CANADIAN CAMPING

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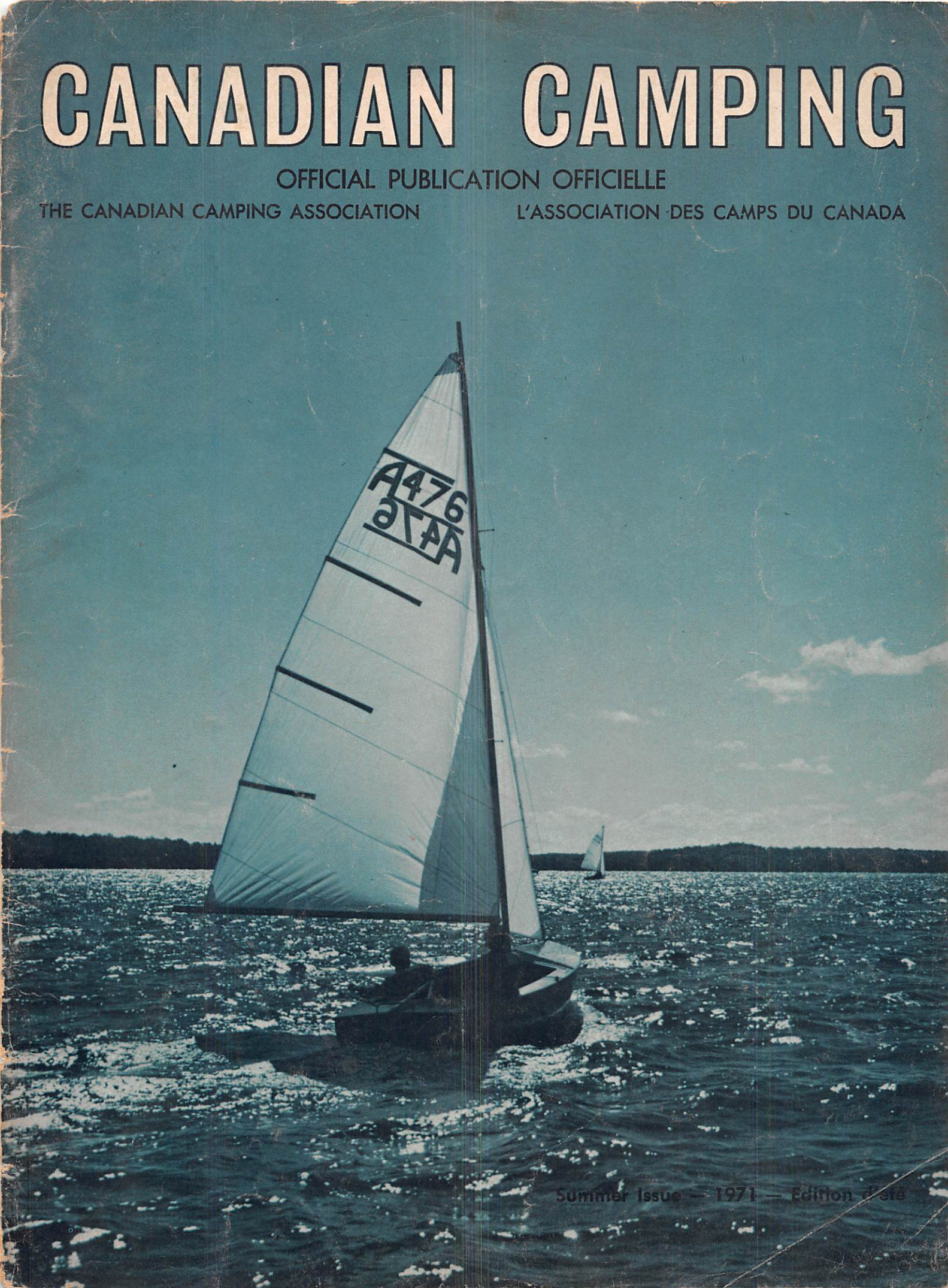

Summer Issue — 1971 — Edition d'été

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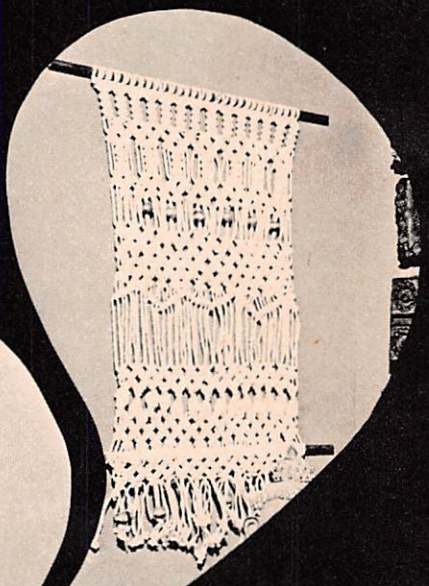

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CANADIAN CAMPING MAGAZINE
Published 4 times a year

Editor and Publisher — **editeur et rédacteur en chef**
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TABLE OF CONTENTS — SOMMAIRE

Vol. 23 **No. 4**

Summer Issue 1971 edition d'été

A LETTER FROM THE PRESIDENT
by John Latimer 4

THANK YOU, HALIFAX!
by Margaret Govan 5

FIRE-SAFE CAMPING
by Chief Bryan N. Mitchell 6

THE YOUTH CULTURE AND CAMPING
by Doug Caldwell, Bob Osborne and ed la Pierre 8

TENNIS MAY BE DEAR, SPHAIREE IS NOT
by Bruno Morawetz 10

LE CAMP DE JOUR ET SON TRANSPORT
by Huguette L. Dagenais 12

THE DAY CAMP AND TRANSPORTATION
by Huguette L. Dagenais 13

HOMESICKNESS
by M. C. MacCulloch 14

SPECIAL OFFER TO CAMP STAFF 17

VISITORS AT CAMP? 21

OUTDOOR COOKERY
by Helen E. Stewart 23

IT'S FOR THE BIRDS
by Eanswythe Flynn 27

A FOOT TRAIL ACROSS CANADA
by Ann Prewitt 29

Cover — **"Albacores Sailing"** (Ont. Dept. of Tourism) — Coverture

A Letter from the President

May I say how grateful I am to the Publisher of CANADIAN CAMPING for permission to write an article for the magazine with news and information which comes across the President's desk. I hope that some of the information will be of interest to those involved in camping from coast to coast.

C.C.A. has taken a rather gigantic stride—in that our Executive is now a truly "National" one. As you know, since the Association was founded, the Executive moved from province to province every two years. Now there are five Vice-Presidents on the Executive of C.C.A. who represent various regions in Canada. I am thrilled to know that for the next two years, I will be working with Tom Creighton (Atlantic Provinces), Bob Lazanik, (Quebec), Jack Pearse (Ontario), Eileen Mayotte (Prairie Provinces) and Tanya Krisman (B.C.) I would also like to welcome Brian Graham of Toronto as the new Treasurer of C.C.A. and Rick Bendera, also from Toronto, as the Secretary.

The Board of C.C.A. is now made up of the Executive, the Provincial Association Presidents and the Committee Chairmen.

Many people across the country are still talking about the successful Conference recently held in Halifax and I wish to congratulate all of those who were responsible for the very fine organization. I would also like to add a personal note of thanks to Dave Hartry, Mrs. Betty Campbell, Mrs. Merrily Walker, Mrs. Bertie Publicover and Mrs. Marion Rosborough as well as Tom Creighton for their efforts in making sure that all the delegates from other parts of the country were well entertained during their visit to Halifax. I was also very impressed with many of the new faces seen at our conference. In addition to learning more about camping, I hope that the delegates returned home feeling that they had made many new friends.

At the conclusion of the conference, certain resolutions were passed on to the Executive for study and action and I wish to comment on two or three points related to these recommendations. "The Canadian Camping Association hold a workshop no later than January 31, 1972"—a request for funds to hold this workshop has been submitted to Mr. Cor Westland, our contact man with the Department of Fitness and Amateur Sport and he has replied that he looks very favourably upon the request. It should be noted also that the resolution also asked that "all provinces have minimum standards prepared so that they can be used in the study of provincial standards development and the development of national standards". This request has been submitted to all provincial Associations.

In the near future, all camps will be receiving information about the National Camping Day which will be held on *Wednesday, July 21st,* 1971. Mr. Doug Dent of Victoria is the Chairman of this committee and he will be in touch with everyone involved in camping so that this can be truly a National programme.

Kirk Wipper and his committee are very pleased with the response to the Centenary Journey Journal. Copies are now available through the C.C.A. office. Incidentally, we also have a few copies in the office of Mary Edgar's very delightful little booklet "Once there was a camper", which is available at $1.75.

Finally, may I take this opportunity to wish each one of you a very happy, fun-filled, exciting, and successful summer.

JOHN LATIMER

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(N.S.) (Ont.)

Thank You, Halifax!

by Margaret Govan

Seventy-five people from all across Canada came together for the annual meetings of the Canadian Camping Association, held in Halifax this year. All the provinces were represented except P.E.I. We missed them and the campers from the Territories.

Halifax is a delightful place to have a conference. Although it is getting a face lift with new buildings there are still enough of the old to make you feel as if you were stepping back into history. And the citadel looms over the city. And there's the sea, not that we saw much of that for we had brought the bad weather with us, and the sun did not shine on the conference. Some of us did manage a trip to Dartmouth on the ferry, and all of us enjoyed sea food fresh from the Atlantic!

Halifax has another advantage; it is a small enough city for people to get around easily—to those eating places; to hear and see Gordon Lightfoot; to go dancing; to attend the Neptune Theatre where the Fantastics was being played. I have seen it three times and this was the best performance of all.

But the outstanding experience was that of the hospitality of the Nova Scotians. They did everything in their power to make us feel welcome, and wanted, and that we mattered. Think of it! A piper in full regalia to pipe the head table contingent to their places! Nova Scotian pins to wear. Cars to take us sight seeing. People to answer our questions about places and things. And all with a smile!

The conference started with a Reception and a dinner. (There had been a directors' meeting before that.) The deputy-minister of education was there to make us all members of the oldest social club in Canada 'L'Ordre de Bon-Temps!' founded 1606. We also had a threesome singing Nova Scotian songs (I don't think they were the kind that Dave Hartry would be teaching at his camps.) and they were fun. We found out afterwards that the leader who played the double bass, had given up a professorship at Yale to supervise music in Halifax public schools, that he also played at the Symphony, that he was reputed the best double bass player in the world! The annual reports from the provinces were interesting; even more interesting was to hear and see the representatives, and to meet them as friends afterwards. (New Brunswick was there for the first time; we were so pleased to have this new addition.) All in all it was a most pleasant evening, good food, fresh flowers, pleasant people.

There were also two lunches. On Monday a speaker told anecdotes from Nova Scotian history. She is assistant librarian at the lovely Halifax library, and has done some historical writing. She told us that she had been asked to give us a resume of the history in twenty-five minutes, so had decided to tell of little, funny events instead. We all enjoyed her.

At the second lunch Dave Hartry was the speaker, and of course had us all in stitches. It was his second luncheon address for the day, and I am afraid he just didn't get anything to eat!

Oh yes, we worked, I assure you. And under trying circumstances. The delegates from the western provinces had come in on the 'milk plane', an all-night journey with a stop-over at almost all the capital cities, with a putting on of seat belts, a straightening of chairs, and the reverse process every time. Many of the other planes had had to come down at Moncton which gave the delegates an extended bus trip, and the bus wasn't any better than the ones kept for such emergencies in other cities. So more than half of us were very sleepy, and only caught up in time to have an equally interesting trip back! The results of our work will materialize later!

Thank you, Halifax!

Fire-Safe Camping

by Deputy Chief Bryan N. Mitchell

Etobicoke, Ontario, Fire Department

Chief Bryan N. Mitchell

A wise woodsman or camper will say that "one tree will make a million matches, and one match will destroy a million trees". Each year across Canada many thousands of acres of forest are destroyed because some campers were careless with fire. No doubt many of these were novice campers who had not as yet learned the Fire Safety Rules, or others who simply disobeyed these rules.

It takes nature many years to produce a tree but it can burn to the ground in a matter of minutes. *Don't You Give Fire a Place to Start.*

SELECTING A CAMPSITE

There are many features to look for in selecting and preparing a campsite. You are concerned about terrain so that you can pitch your tent on high ground so you won't be "swamped" during a rain storm. You are concerned about the availability of water, be it for drinking, swimming, fishing or boating. You may simply want to choose a campsite with a view so that you can gaze all day across a beautiful blue lake or view with amazement the wonders of a mountain range or a cascading waterfall.

These are but a few of the many reasons for choosing a campsite. Others must be included that will ensure that you have a fire-safe campsite. If you intend camping in the trees you should select a site on the edge of a clearing and near water. Your tent will still be shaded from the hot sun but you will have a clear area for building your camp fire, drying your clothes and airing your blankets and sleeping bags.

When selecting your tent site, try to keep upwind from the campfire. As the prevailing winds are usually from the west, it is advisable to camp on the north or west side of the clearing so the smoke or sparks will blow away from you.

THE CAMPFIRE

First of all, a fire permit should be acquired from a ranger or the Department of Lands and Forests.

The campsite should be studied for the best place for a campfire. This should preferably be on a large flat rock that has settled flush to the ground. A second choice is to scrape a circle at least four feet in diameter (preferably ten feet) in the ground vegetation to eliminate the danger of igniting the grass. Any roots of trees under the topsoil should be chopped off to prevent your campfire from tunnelling underground and starting another fire.

A good camper must always be aware that his fire is not started under overhanging tree branches, particularly if they are evergreens such as pine, spruce, hemlock and cedar.

Just as a clean house seldom burns, the same is true of a campsite. While the tent is being erected others can be assigned the task of picking up loose twigs, leaves, grass and stones. The stones can be used to ring the fire circle and the twigs, etc., for the starting fuel.

There are many ways of laying a fire. You may choose the teepee method, the criss-cross method (like building a small log cabin) or the trench method (a pit one foot deep and two or three feet long), but the main secret is to keep your fire small.

In most national, provincial and private campgrounds this preparatory work has been done for you. You will find on your arrival that your campsite has been cleared of trees and ground vegetation. It will usually have a brick or stone fireplace or a welded steel grated fire pit. Fires should be lit in these areas and *these areas only*. Ask the park ranger or attendant where you may obtain firewood. In some parks it is free while others sell it in bundles for a nominal fee. If the firewood is damp it should be split with an axe and laid out in the sun to dry. Dry wood should be kept covered with a plastic sheet or tarpaulin to protect it from the rain.

When starting a fire, use some newspaper, shavings, twigs, etc., that can be easily ignited with a match. NEVER USE GASOLINE, KEROSENE, ALCOHOL, BAR B-Q LIGHTER or other flammable liquids when lighting a fire. Each

year many careless campers are badly burned, disfigured and even lose their lives because of disobeying this safety rule.

Never leave a campfire unattended; be aware of flying sparks and always have pails of water available for rapid extinguishment. When retiring for the night, your campfire should be dampened down with water or smothered with dirt. Otherwise the ranger will haul you from your tent and ORDER you to do this. After a second reprimand he will order you to leave the park.

When your stay at a campsite is over and it's time to pick up and move on, try to see that the site is left cleaner than it was on arrival. Make sure that your fire is "dead out". Soak it with water until it is cool enough to stir with your hands. If no water is available then cover it over with damp earth to cut off the air supply. Remember to leave a supply of dry firewood for the next camper. He may have to set up camp in a rainstorm.

COOKING AND HEATING EQUIPMENT

Each year the camper is finding more sophisticated equipment on the market that is making camping that much easier. It wasn't too many years ago that we only had a candle or a flashlight to see with, hot stones in the blankets to keep one warm at night and the open fire on which to do the cooking. But man's technology has changed all of this. We still have the flashlight but we also have car battery-operated incandescent and fluorescent lights, white gasoline (unleaded) operated lanterns and L.P. gas lanterns. Although the cooking can still be done over an open fire, most campers prefer the gasoline or L.P. gas-operated stoves or the charcoal barbecues or hibachis. The kerosene (coal-oil) wick-type heaters, the L.P. gas-operated catalytic tent heaters and the unleaded white gas (Iosol, etc.) tent heaters are now keeping us comfortable during those damp and chilly days and nights.

However, these new cooking and heating inventions have created greater fire problems. They all require a fuel and all of these fuels are *flammable* or, if you prefer, *inflammable* and this means that *they will burn.*

The flammable liquids such as gasoline, alcohol, kerosene, should be stored in metal containers with a safety vent or spring-loaded lid. The *MUST NOT BE STORED* in glass bottles or plastic water jugs, etc. The containers should be painted red and be clearly marked to identify their contents. Smaller containers of manufacturers' camp fuels, although not always red in colour, are generally well-labelled so we can readily identify their contents. All should be kept away from children.

The L.P. (liquified petroleum) gases may be either propane or butane and are purchased from the manufacturer in pressure-tested steel containers. These containers may be screwed directly to the stove, tent heater or light, thus eliminating the slopping of flammable liquids during filling, as is experienced in the other types of units. However, L.P. gas is flammable and is heavier than air. In the event of a leak the vapours will travel across the ground and can be easily ignited by any open flame. An odourant has been added by the manufacturer so that you can readily detect an L.P. gas leak. The smell is similar to that of a skunk or rotten cabbage. Should a leak be detected, *DO NOT* attempt to light the unit until it has been repaired.

The naphtha, or white gasoline-operated, appliances also require that strong fire safety measures be enforced. One of the most important is good equipment maintenance. The principle of a gasoline stove or light is that the pumped up air pressure forces the vapourized gasoline through a generator to the stove burner or the light's mantle. In order to keep the leather plunger operating properly on the air pump you must remember to add a few drops of oil periodically. Failure to do this simple task may result in severe burns to the arms and/or face if gasoline vapours are forced out during pumping operations.

The generators should be replaced as they become sluggish and mantles should be replaced on lanterns when they appear torn. Check for loose joints in pipe fittings and tighten them to prevent fuel leakage.

The fire-safe camper makes it a rule *to always fill his stove, light or heater when it is cool.* Never fill equipment inside a tent or trailer, nor near an open fire. Always use a funnel and wipe up any excess spillage immediately.

A gallon of gasoline, when completely vapourized, has the explosive power of eighty sticks of dynamite. It is for this reason that we observe the rule of never refilling while the unit is hot.

Although stoves and lights are manufactured under good quality control, they are still mechanical and therefore subject to failure. Inside a tent they have been known to explode and have killed or burned the occupants. If at all possible we recommend a flashlight or an electric light as the only light to use inside a tent. Leave the gasoline lantern outside the tent to illuminate your campsite.

Catalytic tent heaters, whether gasoline or L.P. gas-operated, do not burn with an open flame. However, they still require some air to produce their heat by the catalytic process. Always remember to light these out of doors and then move them into your tent when they are operating smoothly. Make sure there is always a small amount of air entering your tent to replace the air used in the heater's operation. Keep heaters away from tent fabric and bedding.

NEVER use a gasoline or L.P. gas stove as a tent heater. Both these units burn with an open flame and in an air-tight tent will soon devour the oxygen from the air and cause the sleeping occupants to suffocate.

Although most campers realize it is dangerous to use fuel-operated stoves for cooking inside a tent, they nevertheless continue to do this on those awful rainy days. How many of us have ever considered what action we would take in the event of a fire occurring, particularly when the stove is inside the tent?

A stove fire can be extinguished easily if you remember the basic rules. Three things are required to have a fire—

fuel—something that will burn;
air—or oxygen, to keep the fire burning; and
heat—or the temperature required to ignite the fuel.

These three things can be called the three sides of the fire triangle. In order to extinguish the fire you only have to remove one side of the triangle and the fire will go out.

You can remove the fuel by turning off the burner. The heat side can be removed by cooling it with water, and the air side can be removed by smothering it with a pan lid or baking soda (never salt, flour or baking powder) or by applying carbon dioxide gas from a CO_2 extinguisher or treated baking soda from a dry chemical extinguisher.

If the fire occurs in a frying pan it can be quickly smothered by sliding a pan lid over the pan, thus cutting off the air supply. You could also extinguish it with a CO_2 or dry chemical extinguisher or by sprinkling the burning grease with baking soda (not salt or flour).

Continued on Page 28

the YOUTH CULTURE and CAMPING

FOREWORD

by Don Groff

Chairman, Publications Committee

There exists within our present social structure, a sub culture usually identified with the young. Members of this "Youth Culture" share values and life-styles which are different and often in conflict with those life-styles which are characteristic of older generations. Differences between these two frames of reference create problems for communication.

Since many camp staff and campers are part of the youth sub culture while many of our directors, sponsoring committee personnel, and senior staff reflect other cultural styles, it becomes evident that there is potential for breakdowns in communication within our camping family. Recognizing this, the magazine has solicited expressions of life-views from a variety of representatives of the youth culture. We present these for your increased understanding.

The problem of communication became very evident within our Publications Committee as we reviewed the articles and attempted to decide upon their suitability for printing, and necessity, if any, for editorial revision. Concerns about language forms and philosophies expressed or implied in some of the articles caused sufficient apprehension for some committee members (camp operators and directors) that we could not reach a consensus as we usually do for our editorial decisions. As a result, these articles appear by a *majority* but not unanimous decision.

Our hope is that we begin to close any gap which might already exist or be developing among the members of our camping family.

How the Youth Culture Affects our Camps in Canada

by Doug Caldwell

Let us first pause and think very carefully before categorizing any social group and endowing it with characteristics universal to its members.

When we speak of a youth culture we are not dealing specifically with some sort of social movement bound together by a common ideology and set of goals. Rather we must recognize a set of people as diversified in their beliefs as any other given age group in our society.

The very phrase 'youth culture' all too often conjures up visions of a long-haired, drug-oriented, morally deficient, radical counter-culture. It is my hope that we can collectively endeavour to reject this fallacious generalization and in its place substitute youth interpretations with a little more relevance and bearing to reality. Youth is not an entity to be feared and suppressed; rather they are human beings, products of themselves and generations before them. They are the rational continuation in the progress of mankind and should be interacted with as such, not to be scorned but to be communicated with and encouraged in our search for a better world.

Although acknowledging that there is no typical or average youth, I still find it logical to make use of a few generalizations that may very well apply to a majority of today's youth.

I see in the young a reason for optimism. Perhaps it would be easier for governments if they did not have to cope with the varying concepts and ideals of the youth culture. We could then be dealing with a seemingly more harmonious culture . . . no more demonstrations, riots, and confrontations. But in this hypothetical situation I can only visualize the deeper tragedy of moral apathy. There are conditions in our society that are undesirable and if we are to avert the ugliness of future confrontations we must be willing to listen understandingly and act upon reasonable suggestions. We can not afford to suppress the ideas that may be the raw materials for a brighter future. By this I am not saying that we must condone all of their beliefs, but if communication is our goal, then we must be prepared to listen sympathetically and leave the channels open, for if they are closed, frustration will result and out of this will emerge alienated youth, lacking trust and respect towards an older generation.

Our Canadian camps are involved with over four-hundred thousand campers every summer. We are, needless to say, in a position of significant influence whereby we have an obligation far beyond that of supplying children with 'a happy summer in the healthy outdoors'. We are dealing now with the adults of the future. We must strive to set high moral standards and yet we often seem to be confused as to whether this youth culture is in fact an example of positive morality.

Is there any moral significance in a male staff member with long hair? Should we be discriminatory towards staff members who have used drugs? How far should we go towards hiring staff members who do not have ideas in keeping with the philosophies of the established order? These are problems we must face when confronted with the emergence of the new youth culture. The directors and staff of each individual camp have the responsibility of the final decision in answering these questions.

While it is not my purpose to pass value-judgement on these problems, it is evident to me that we must not reject new life-styles on the basis that they are not in keeping with those of ours and therefore must be wrong. It is important that we put aside our personal bias and take a long and objective look at their significance in a world that is rapidly changing.

Continued on Page 22

The Youth Culture and Camping

by Bob Osborne,

Trent University

Camps play a very active role in society today. A successful camp serves the needs of its members. As the needs of the participating members change so must the camps. The purpose of a camp is not only to provide a vacation for its members during the summer months but also to instill in them a sense of well being; "Mens sana in corpore sano".

The youth of our society are, for the most part, a camp's most active members and therefore it is important to be aware of the changes that are affecting youth today. The advent of the '70's saw with it, what is sometimes referred to as the emergence of a "youth culture". Many of today's youth are dissatisfied with the existing structures present in society and are attempting to effect a change that will make their lives more meaningful. As a result there has been the emergence of the "youth culture". A new system of values has been equated with, and a sound basis for an underlying philosophy has been built upon, an increasing insistence for naturalism. This type of philosophy is by no means new to one who has studied Thoreau. The youth of today however are aware of the pressing urgency of their task while ecologists predict the complete breakdown of life by the year 2000.

The frantic pace of technological advancement and the resulting tensions are totally alien to the consciousness of the individual at summer camp. At camp the focus is on survival in a natural environment through harmony with nature. What better place than camp to plant and nourish the idea of naturalism? Rocky shores, sparkling blue waters, whispering pines, sunlight dancing on the forest floor, the scamper of squirrels, the glowing embers of an all night watch—these all are too soon gone unless the voice of youth is heeded.

What means are best used to convey this philosophy?

An unstructured program which is stimulated by "whim" or rather a sense of well-being in body and mind is probably the ideal method. This places a great responsibility on

Continued on Page 26

Youth Culture X Camping

by ed la Pierre

(Ed is currently a student at Dalhousie University, Halifax. He has served as Counsellor in Training Director at Y.M.C.A. Big Cove Camp, Nova Scotia.)

(This article is unedited.)

The contents of this article are directed to all camp directors, administrators and leaders who are interested and concerned in trying to help bridge the gap that exists between our Canadian youth and themselves in camping. The gap is present and is widening. There are many factors which account for its growth and development. It is a result of change in values, attitudes and ideals.

Why do teenagers turn off to the camping experience they enjoyed as nine and eleven year olds? Why do they look upon going to camp as a drag, a put off? A simple answer would be that their needs are no longer being satisfied through such experiences and they seek other avenues in which they feel more alive and comfortable.

To understand why camping is a drag we have to analyze the components of our youth culture and then stand back and look at the present Canadian Camping scene. The mobility of teenagers is their chief driving force. They are perpetually involved in multi-dimensional experiences. Most are interacting with drugs, sex and/or music.

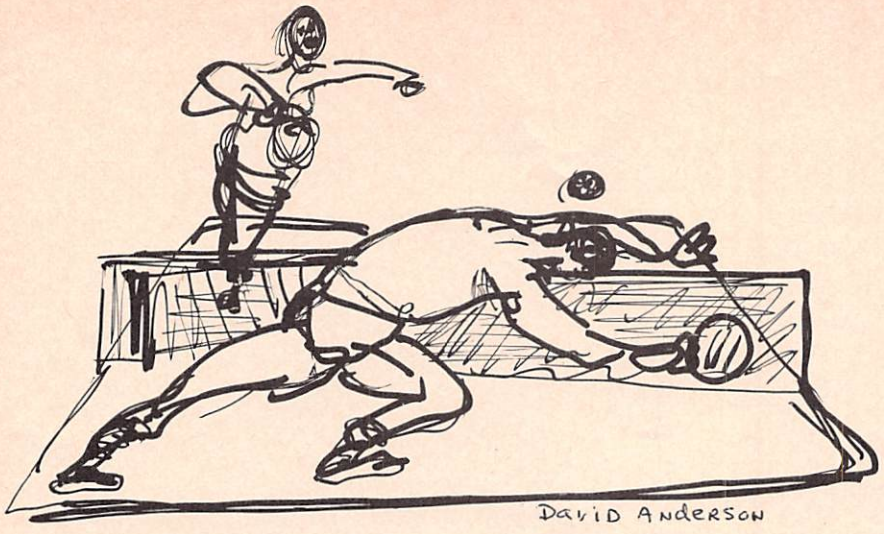
Moving about from Vancouver to Halifax with very limited funds and a desire to be relaxed, free and not be hasseled by authority is a happening which more and more youth are doing and will continue to do in greater numbers. Scenes like the Strawberry Festival in Mosport, Ont. and Joan Baez in Waleville, N.S. served as a coming together; immersion in individual experiences which bring personal satisfaction through sensuous contact; experiences which have very loose ground rules and which leave room for the individual's likes and dislikes.

For some the whole of Canada becomes a camping ground. Finding it wherever they can, moving from one town to another, in and out of cities, meeting and leaving people who are also on the road; crashing at a friend's place, a youth hostel, a field; satisfying natural biological needs and not necessarily looking for companionship or security. Time becomes suspended as the past, present and future and it becomes endless infinity. These experiences are quite different from the usual camping trip.

Camping means to most campers —going to one specific place for a definite amount of time. Being limited to certain boundaries. Having in most cases a definite time table which means getting up at sunrise to best enjoy whatever it is you have or should enjoy. Eating at a set time, specially prepared menues. Most Canadian camps are unisexual. Most camp administrators and supervisors look upon their authority as replacing that of the parent. Sex is worried about and it is hoped that no accident happens which would put Camp Director Short Pants in the embarrassing situation of relaying the news to dear mother. Control is assured by authority rather than individual responsibility. Most camp directors and senior staff are flagrantly ignorant about drugs. They know only the negative side of the drug culture. Sunday services replace church going where the camp director feels very secure in performing these special functions because this is what he can best do.

Let's put a few things together. If camps are to become a happening for teenagers they must be informal in structure and operation. Resident camps should be controlled by the campers themselves. They should become a commune. Leaders who are in tune with what's real and happening should be sharing the experience with them. University students with specialized skills who can communicate should be hired as leaders and be paid adequate salaries. Directors; with a sensitive open approach to people and their problems, an M.A. in one or more related fields such as psychology, sociology, recreation teaching, physical education, varied experiences on the road, should be appointed for a period of two years at which time their performance would be evaluated by: (a) the campers (b) Staff (c) Supervisors. Camps which are close to major towns and cities could become meeting places for Canadian youths who are on the move. These camps should become year round hostels supported by fees and provincial and/or federal subsidies.

It's partly up to you. Camping could become a happening for many Canadian youths.



Tennis May Be Dear, Sphairee Is Not

by Bruno Morawetz, Ph.D.,
Director, Camp Ponacka

A few years ago the Canadian General Electric Company suddenly transferred one of its engineers to Australia. John Lucas, his wife and six children, spent two years "down under" and then returned to their one-hundred-year old farmhouse on the outskirts of Peterborough. Soon after they returned they invited us for a game of Sphairee, which, of course, left us somewhat baffled. Upon enquiry we found out that a new type of tennis game had been invented and that its name was Sphairee (Sfy-Ree) — from the Greek word for ball, "Sphaira". Since their Sphairee court was built next to their tennis court, a good comparison could be made of the two games. It soon became evident that children are much keener on the smaller game than on regular tennis. The reason is not hard to find. A rank beginner can easily learn to handle the small racquet and instead of missing eight balls out of ten, he probably has that ratio of successful hits. On the smaller court one is not chasing balls half of one's playing time because the Sphairee ball is perforated like a practice golf ball and hence its flight is quickly brought to an end.

Frederick Beck of Sydney University, developed the game in order to enable young Australians to develop tennis skills, even if a tennis court is unavailable. Sphairee can be played on an average size driveway and it becomes the rallying point of the neighbourhood, and a place for family fun. Mr. Beck also found that a great many aging tennis players could no longer stand the strain of a regular game but found the new game challenging enough to maintain agility and general fitness.

At our camp we installed two adjacent courts by cementing the required area. The courts are always in great demand and we are planning to build a third court this summer. The equipment is inexpensive to buy, the courts require no upkeep, and the initial investment is not large as no fencing is required. Since the game was invented ten years ago, it has spread all through Australia and even into the United States, where it is gaining favour on playgrounds and in schools.

EQUIPMENT:

Bats shall be constructed of five-ply wood, ⅜″ thick, plus or minus 1/32″, faced with cork or shallow pimple rubber sheeting. The bat shall be no more than 15″ long and 7½″ wide (overall), with the minimum width of the bat maintained for at least 5″ of the length. Handles may be made of any material and may be wrapped according to the player's desires.

Balls shall be constructed of perforated heavy gauge plastic measuring 2½″ in diameter. (In Canada, balls similar to these can be purchased in most sporting goods stores under the name, "Fun ball". They are somewhat heavier than they should be but they will do).

Net — The net shall be approximately 18″ high and ten or more feet long, tight enough to keep the ball from going through.

Court — The court shall be 20′ long and 9′ wide, with safety clearances on all sides. All lines shall be 1″ - 1½″ wide, white or yellow in color. Any hard surface of concrete or asphalt is generally suitable. The net shall be tautly stretched over the middle of the court, 10′ from either end, with the top edge measuring 23½″ - 24″ above the court surface at center court.

GENERAL RULES:

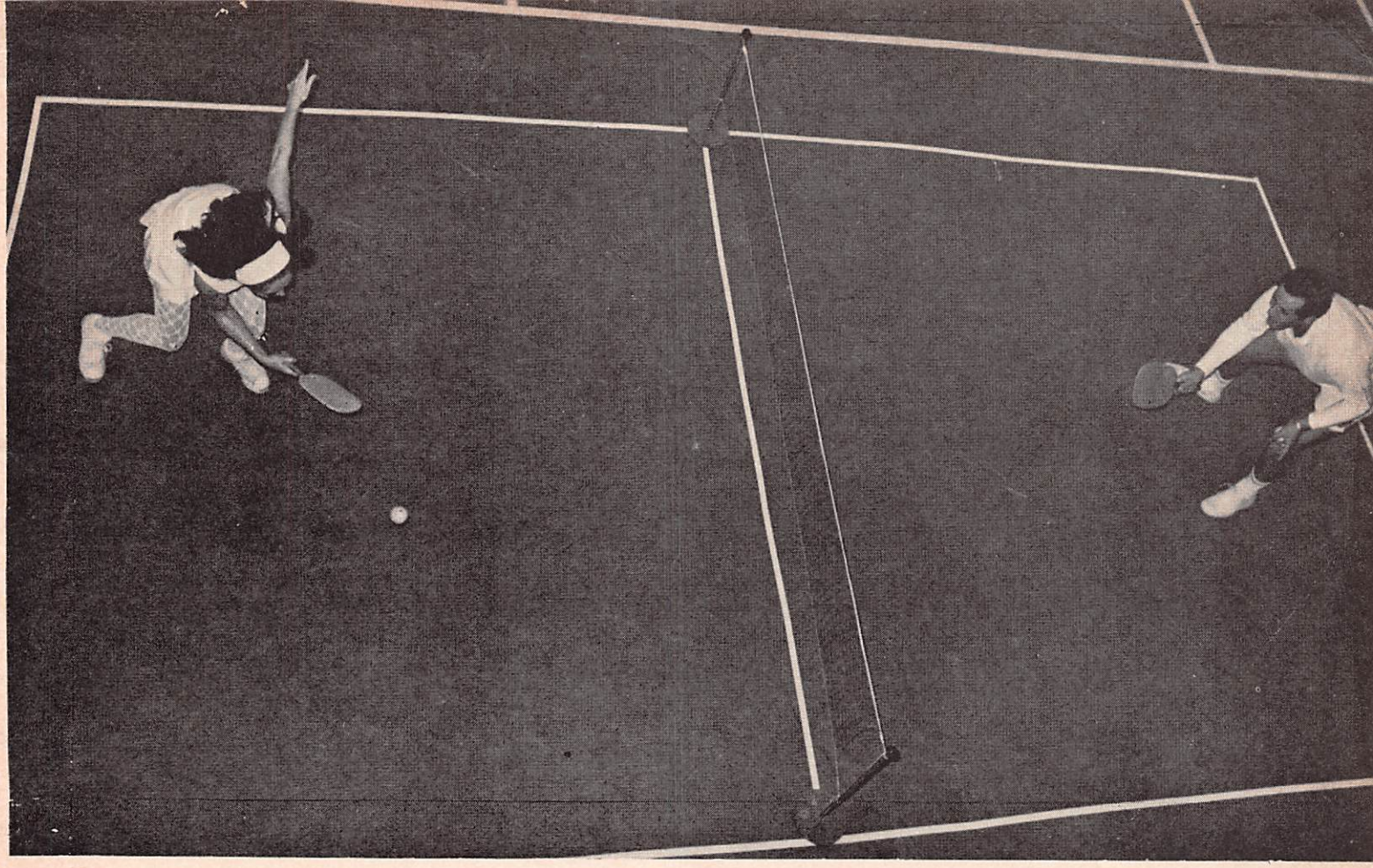
The game is played like tennis, with three major exceptions:

(1) The server is permitted only one serve, unless the ball touches the net.
(2) Serves must be delivered underhand, from below the level of the hips.
(3) In singles: the server must allow the return of the ball to bounce, but thereafter need not do so.

In doubles: both the server's and the receiver's partners must stand behind the base line until the serve is struck.

RULES OF PLAY

(1) Contestants "play for the serve", before a set commences, by first playing a special rally in which the ball is batted over the net three or more times. The winner serves in the first game and thereafter the serve is alternated between opponents. Ends are changed after the first game and thereafter whenever the games total of both players is an uneven number.
(2) The serve is delivered from behind the base line, to one side of center, with the first game serve delivered from behind the server's right side of the base line. After each point, the serving side is alternated. In every case, the server must serve to the diagonally opposite box.
(3) A point is scored when one player fails to return the ball within the court. A ball which lands on any line is "in". If a player returns (volleys) a ball which would otherwise be

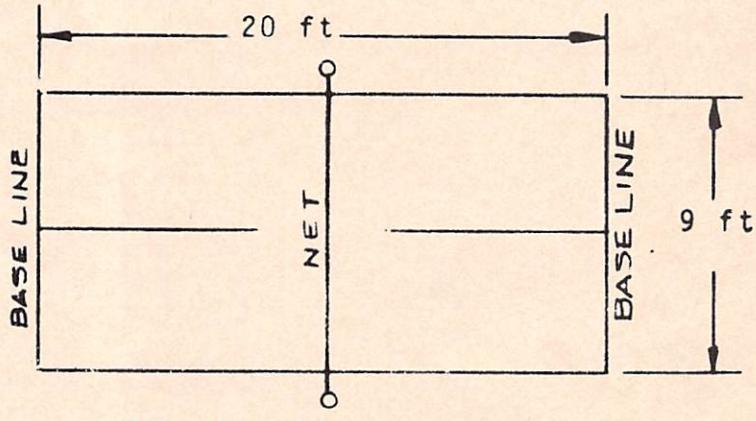


"out", the ball is still regarded in play. If a player catches a ball before it bounces out, or if it touches any part of his clothing or body (other than the thumb and fingers holding the bat), a point is scored against him.

(4) The point score is identical to that of tennis; 15, 30, 40 and Game. At 40-All (tie) the score is called "deuce". When deuce is called, the next point is "advantage" to the player scoring it. If he scores the subsequent point after scoring the advantage, he wins the game. If he loses the next point after holding the advantage, the score reverts to deuce until one player scores two consecutive points and wins the game.

(5) A "set" normally ends when one player reaches a score of six games. In championship play, advantage sets are played; a player cannot claim a set until he has scored six or more games *AND* he has established a lead of two clear games. A "rubber" normally consists of the best of three advantage sets but the number of games in a set and the number of sets in a rubber may be varied if fixed in advance.

(6) In doubles, the rules are essentially the same, with the exceptions noted in the General Rules and the requirement that the serve must be rotated between players on a side.



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RR #4, Peterborough, Ont.

To equip one court with four bats, three balls and a net, will probably cost less than $15.00.

If you decide to introduce the game, I know you will not regret it.

LE CAMP DE JOUR ET SON TRANSPORT

Huguette L. Dagenais
Camp de Jour Les Grèves

De par la nature même du Camp de Jour, les enfants, ne couchant pas au camp doivent être véhiculés matin et soir.

Les moyens de transport utilisés présentement dans les camps de jour sont l'autobus, le mini-bus, le station-wagon et l'automobile. Plus tard devrons-nous peut-être ajouter l'hélicoptère, avion etc.

Pour les camps peu nombreux c'est ordinairement le personnel du camp qui transporte les enfants chaque jour dans leur propre auto moyennant ajustement de salaire. Des parents, pour diminuer le coût de leur enfant acceptent aussi de transporter d'autres enfants.

Pour les camps d'oeuvres plus considérables on désigne des points de rassemblement (en face d'église, d'école) pour les départs et les retours par groupes.

Cette partie importante de l'organisation d'un camp de jour doit être une des préoccupations premières du directeur.

Quel moyen de transport utilisera-t-il?

1—S'il utilise les autos du personnel cela implique que le personnel
   a) est âgé d'au moin 21 ans
   b) qu'il ne demeure pas au camp (à moins que le camp soit très près de la ville) et de ce fait l'évaluation et le réajustement de la programmation sont rendus difficiles.

2—Si le camp est propriétaire d'autobus, le coût d'opération est trop élevé, permis, assurances, réparations, dépréciations, personnel, spécialisé: chauffeurs, mécaniciens, à moins que les autobus ne servent 12 mois . . . et encore.

PLANIFICATION

Comment choisir la compagnie d'autobus?

Procéder par soumission. Ne pas nécessairement arrêter son choix sur le coût le plus bas, mais sur les garanties que les exigences du camp seront respectées.

Que doit-on inclure dans la demande de soumission?

1—Le nombre d'autobus requis. S'informer du nombre d'enfants que légalement un autobus peut contenir suivant sa grandeur, et d'après le nombre d'enfants attendus au camp, faire le compte.

2—Fixer les dates et les heures précises des départs et des retours.

3—Fournir un trajet préliminaire pour faciliter un calcul approximatif de la distance.

4—S'assurer que tous les autobus soient porteurs de permis commerciaux. (Vérifier les lois provinciales à ce sujet.)

5—Exiger une copie des assurances couvrant chaque autobus.

6—Préciser si les chauffeurs restent ou non au camp durant le jour.

Lorsque la compagnie est choisie, il faudra avant de signer le contrat:

1—Que la compagnie obtienne le permis de la Régie des Transports.

2—Que le directeur vérifie si les polices d'assurances, le permis, et le No. de série correspondent au même autobus.

Cela semble superflu mais il arrive que les compagnies peu consciencieuse transportent les licences et les assurances d'un autobus à l'autre.

Pour assurer une plus grande protection, il est suggéré que le camp prenne une assurance responsabilité additionnelle de "non-propriétaire". Toute cette opération doit se faire au moins 4 mois avant l'ouverture du camp.

ORGANISATION

Avant le camp:

Des trajets clairs et détaillés indiquant les points de rassemblement avec noms de rues et sens unique doivent être préparés ainsi qu'une liste des enfants à prendre à chaque point de rassemblement.

Pendant le camp:

La direction du camp doit:

1—Assurer la présence d'un moniteur pour accompagner les enfants, laissant au chauffeur toute l'attention nécessaire pour conduire.

2—Donner le nom d'une personne, à qui le directeur délègue son autorité pour tout ce qui concerne le transport, et le No. de téléphone du camp afin que les chauffeurs sachent qui rejoindre en cas de retard causé par une défectuosité mécanique, une crevaison, etc.

3—Fournir une liste des règlements du camp concernant les chauffeurs.

4—Fournir s'il y a lieu, un endroit pour le lavage quotidien des autobus.

La compagnie doit:

1—Fournir une liste de ses chauffeurs avec leur destination.

2—Afficher les règlements de la compagnie dans chaque autobus.

3—Dans chaque autobus il doit y avoir une trousse de secours complète.

4—Fournir des sacs plastifiés au cas où les enfants seraient malades.

5—Fournir des autobus propres et en bonne conditions.

6—Si il y a plusieurs autobus, un des chauffeurs doit être mécanicien, pour effectuer les réparations mineures en cours de route.

7—Fournir le nom d'une personne responsable, avec qui le camp fera toujours affaires.

8—Employer des chauffeurs responsables et qui aiment et respectent les enfants.

Le succès d'un camp de jour repose en grande partie sur son transport. Voyons-y sagement.

THE DAY CAMP AND TRANSPORTATION

Huguette L. Dagenais
Day Camp "Les Grèves"

At a day camp, the children who are not sleeping at the camp must be transported morning and night.

The transportation used presently in day camps are the bus, mini-bus, station-wagon and car. Later on we may be adding the helicopter, airplane, etc.

In camps where there are a small number of children, usually the staff transport the children every day using their own car, having in return a compensation on their salary. In order for the parent to cut the cost of their children's stay at camp, they will agree to transport other children.

For the camps where there are a large number of children, a meeting point is designated, say in front of the church or school, for departures and returns in groups. This important part of a day camp organization must be one of the first concerns of the Director.

What type of transportation will he use?

1) If he uses the staff's cars, it will be necessary that the staff:
   a) be 21 years old;
   b) must not live at the camp (unless the camp is situated near the town) which makes it difficult for the evaluation and re-adjusting of the programming.
2) If the camp owns a bus, the cost of operation is too high, permit, insurance, repairs, depreciation, specialized staff: drivers, mechanics; unless the bus is used for 12 months . . . and even more.

PLANNING

How to choose a bus company?

Do it by tender. Do not necessarily choose the company that has the lowest bid, but rather consider the camp requirements and ensure that they will be respected.

What should you include in the request for tenders?

1) The number of buses required. Enquire how many children a bus is legally authorized to transport according to its size, and after calculating the number of children who will be coming to the camp, see how many buses you need.
2) Give the exact dates and hours of departures and returns.
3) Give a preliminary itinerary to facilitate the calculation of distance.

4) Ensure that all buses have a commercial permit. (Verify the provincial laws to this effect)
5) Request a copy of the Insurance Policy covering each bus.
6) Establish if the drivers will stay or not at the camp during the day.

When the company has been chosen but before signing the contract, the following should be done:

1) The company should obtain a permit from the Transport Department.
2) The director should verify if the insurance policies, the permit and the serial number correspond to the same bus.

This may seem to be unnecessary but sometimes a company will transfer licenses and insurances from one bus to another.

In order to have better protection, it is suggested that the camp takes an additional liability insurance of "non-owner". This should be done at least 4 months before the opening of the camp.

ORGANIZATION

Before the camp:

Detailed and clear routes showing the meeting points with street names should be prepared as well as a list of children to be picked up at each meeting point.

During the camp:

The camp management must:

1) Ensure that a monitor is present to escort the children, leaving the driver without the responsibility of the children while driving.
2) Give the name of a person to whom the Director grants his authority for everything that concerns transportation, and the telephone number of the camp in order for the drivers to know whom to contact in case of a delay due to mechanical difficulties, flat, etc. . . .
3) Give a list of the camp regulations regarding the drivers.
4) Provide, if necessary, a location for the daily washing of the bus.

The company must:

1) Give a list of its drivers with their destination.
2) Post the company regulations in each bus.
3) Have in each bus a first aid kit.
4) Provide some plastic bags in the bus in case children become sick.
5) Provide clean buses and in good condition.
6) If there are many buses, one of the drivers must be a mechanic in order to make minor repairs during the trip.
7) Give the name of a responsible person with whom the camp will always deal.
8) Employ responsible drivers who like and respect children.

The success of a day camp lies in its transportation. See to it wisely.

Translated by
Translation Department,
Administration Centre
for Sports and
Recreation, Ottawa

HOMESICKNESS
DIAGNOSIS and PREVENTIVE MEASURES

by M. C. MacCulloch, Director
Bolton Summer Camp; — Rotary Unit

Often in the development of the child there has been little or no emphasis placed upon living away from home. The parents, for a variety of reasons, have provided the child with a sense of security that is more detrimental than advantageous when he finally is forced to leave the nest.

Most summer camps can count on their share of homesickness, especially among the younger campers. Very often, older campers, ashamed of their feelings, will disguise homesickness and present their counsellor with what appears to be a distinctly different behavioural problem. The tears are missing but the symptoms are there and the treatment remains the same for all age levels.

How Do You Diagnose Homesickness?

By close and careful observation, the counsellor can constantly be on the lookout for the concerns and needs of his campers. The homesick camper can sometimes be spotted as he comes off the bus. Other times, it does not make itself evident until the excitement of opening day has ebbed away and the camper is faced with the endless weeks until he goes home.

Usually the child wears his problem on his sleeve. He is constantly moping and obviously depressed and spiritless in spite of the most energetic and ambitious programme planned by the camp staff. The gloominess which prevails often develops into whimpering and even uncontrollable crying, depending upon the degree of homesickness. Sometimes the camper is not so easily spotted. Instead of outward reactions, he withdraws from the group, sits alone, and does not get the attention of the staff which he deserves, by virtue of his being such a "quiet" camper.

With the older, more mature camper, homesickness is very often diagnosed by asking the camper what is bothering him. If the case is a severe one, and the camper has any kind of a relationship with someone on the staff, he will tell the counsellor that he wants to go home. Sometimes with the adolescent, whose self-esteem is not at its peak, the answers are not so evident.

What Causes Homesickness in Campers?

The following list is by no means exhaustive. It is merely included to provide the novice counsellor with *some* of the factors which might cause homesickness in his campers.

1. First time away from mother, sibling, environment.
2. Does not feel familiar with his new environment, often so diametrically opposed to his "city life".
3. Too strong an attachment between the camper and the absentee parent, friend, or even pet.
4. Sent to camp against his will.
5. Misses his daily activities and play areas of the city.
6. Camp programme offers little with which he is familiar, so, therefore, he is uninterested in that which is new; hence, boredom.
7. Lacking basic camp skills and interest in the more "primitive" aspects of camp life.
8. No one on staff has shown any real concern for him; due to numbers and opening day programming, counsellor has given very little personal attention.
9. Over-protective "mothers" have over-exhibited their anxieties; overprotection or overdominance have left the child with little self-confidence.
10. Timidity — fear of "bullies", ridicule, fear of water or of the dark.
11. Lack of privacy in the camp cabins.
12. Physical factors — such as bedwetting, constipation.
13. Inadequate spending money, or personal effects in comparison with more fortunate campers.
14. Physical handicaps or peculiarities, such as stammering, limping, cross-eyes.

What Can the Counsellor Do as Preventive Measures Against Homesickness?

The fundamental rule of thumb is to be gentle. Homesickness is a very delicate problem and like all personal problems should be treated wisely, cautiously, and with kid-gloves. To ridicule, or point out the "silliness" of the situation is to waste one's energy. By the same token, the "slap on the back" approach is of no value. A homesick camper can not control his reactions and a word will not provide a cure for him. Rather through careful planning before the campers arrival, and by the proper attitude, the counsellor can aid immeasurably in the camper's personal growth, the effects of which will be measured long beyond the camper's brief summer holiday at camp.

Continued on Page 16

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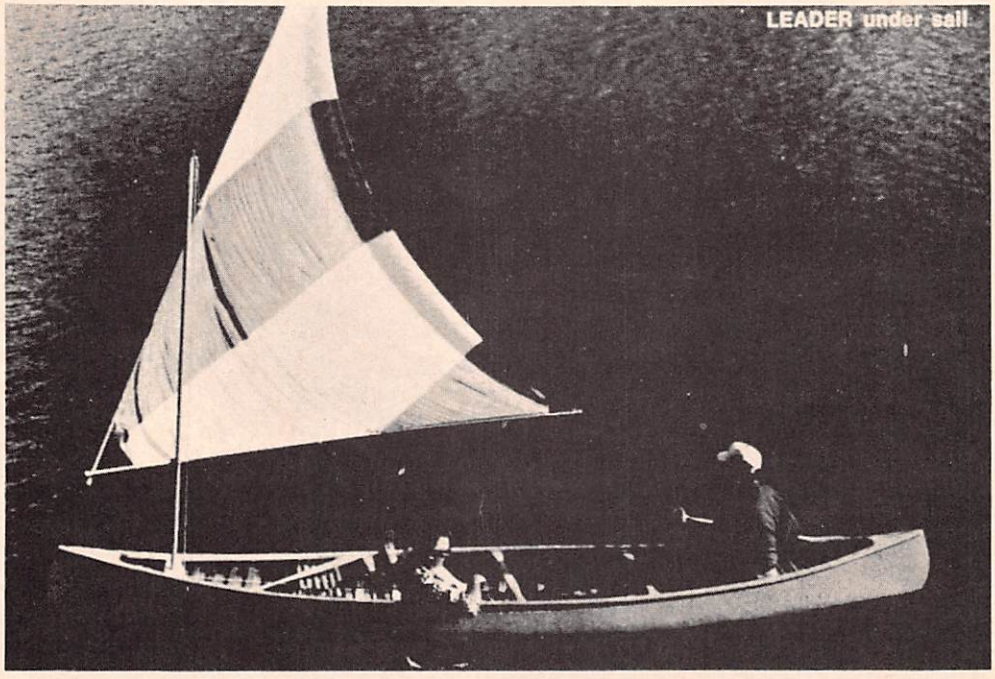

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To give a human being dignity is one of the far-reaching effects a good counsellor can have on his campers.

1. The counsellor should prepare for his campers. The cabin name should be evident, it should be decorated, and camper names on the bunks as well as on the lockers, immediately lets the camper know that he belongs.
2. Sometimes in smaller camps, the staff can meet with the campers before they come to camp. In other cases, where the numbers are small, a personal letter from the counsellor will establish an enviable rapport with the campers.
3. The counsellor must know the names of his campers. This means, from the administrative level, the camper lists must be drawn up in advance, but the result is worth the labour. For a counsellor to know the names, and perhaps background of his campers immediately puts them at ease. Nothing makes you feel more insignificant than to watch your leader grope for your name on a list. (A lesson for senior staff on the night of pre-camp training, might be obvious here also. Counsellors can feel lost on that first night in camp also.)
4. Senior staff should prepare for opening day also. A welcoming committee to meet the cars and buses, will welcome old campers back again and make new campers feel that they are in experienced hands. The staff should watch for the usual stragglers who arrive early or late. They particularly need to see the welcome mat. Enthusiasm should run like water. Welcoming signs, such as "Welcome" or "Yeah, Mohawk Section" are good for younger boys. Surely the first camp day is at least as important and significant as the last. Cabin name cards above the dining room tables get everyone orientated. Perhaps even name tags for the cabin group are in order. Nicknames should always be respected. If the camper prefers "Skip" there is no reason to call him "Wardell" just because your list says so. In short, *KNOW YOUR CAMPERS.*
5. Check with the Section Head concerning the case history of your campers in advance of their arrival. Watch the campers subject to constipation, diarrhea, overactivity, hay fever, allergies, etc. Illnesses can often breed homesickness.
6. A very close contact with the campers on those first few days will later provide you with much more freedom and less worry later on. Once the cabin learns the routines and becomes a unit, most of the personal behavioural problems will disappear. Homesick campers should be carefully supervised during rest hours and evening hours as well as on Sunday when the programme is relatively free with plenty of open periods.
7. Activities and programmes that appeal to the homesick camper can be stressed. The homesick boy, of course, should be encouraged to participate to the fullest. A busy camper, doing what he enjoys, will sometimes solve your problem.
8. The Section Director or Head Counsellor should be notified at the earliest opportunity. He not only can offer suggestions but sometimes can keep his eye on your problem or even take the camper "under his wing".
9. In open periods of time, the camper should be encouraged in his hobbies and he should be permitted to do what he enjoys the most about camping. This will let the camper know that the counsellor really thinks of him and respects him as an individual.
10. The necessary rules and regulations of the camp should be gone over in detail, as well as the daily schedule of activities so that security will be built up between the camper, his counsellor and his environment. New duties should be broken into gradually so that the camper is not overwhelmed by this new way of doing things, and in this way, camping skills which may be lacking, may be developed, Procedure in dining room, operation of the camp library, interest groups, swimming programme, care of property, medical procedures, etc. will soon become familiar to the camper if patience and understanding are exercised.
11. From the very beginning, the opening day programmes should involve the entire cabin of campers. This gives them a sense of group unity, and of belonging without the need to stand out as an individual — at least on opening day. Short hikes together, an outdoor game where all can participate, a scavenger hunt, or a comic hunt in the evening, followed by a campfire with the whole section attending, will get the campers, the counsellors, and the section, off on the right foot. A happy first day will give the campers the feel of the camp quicker than anything that can be said by the leaders.
12. On the second day, each boy should be talked with by the counsellor, concerning what he would like to do at camp. The counsellor's job then becomes, by guidance and purposeful planning, to direct the child into programmes and activities where he will achieve as many of his personal goals as is possible.

If homesickness persists and the counsellor cannot find remedies for it, it becomes the responsibility of the Section Head. If the counsellor cannot cope with the problem without sacrificing the well-being of the rest of his cabin, the camper should first be given individual attention by perhaps transferring him to a cabin where he has friends, or brothers. If hysterical behaviour develops, as long the the leader's sanity is intact, it should be ignored. Hysteria must have an audience. It is a method of gaining some end, such as attention or one's own way. Very often, if played to tiredness, the child will cease, seeing that his actions are ineffective. These cases are rare indeed and so serious is such a child's problem that no camp in twelve days can expect to solve the condition. The parents then should be notified by the Director and the child should return home. Perhaps a year or two will make all the difference and this particular aspect of the child's behavioural growth will have matured.

In any case, the key note is *understanding.* All of the staff should go out of their way to help the child come to terms with his fear *so that he may develop as a human being.* To send the camper home the first day is to cheat him. *Every opportunity and means that the Director deems necessary should be given to the camper to conquer "fear itself".*

SPECIAL OFFER TO CAMP STAFF

CANADIAN CAMPING wishes to increase its subscriptions to include your camp staff and also campers who plan to continue in the camping field. We are offering subscriptions at $2.00 a year (below cost) to those who wish to enroll through their Camp Directors.

Please sign your name and address below. Your Camp Director will send in this sheet (additional pages may be added) together with his cheque covering all $2.00 subscriptions.

The magazine is being broadened to include articles from staff as well as Directors. We need your thoughts — program ideas — photographs — poetry — or articles in general related to the camping field.

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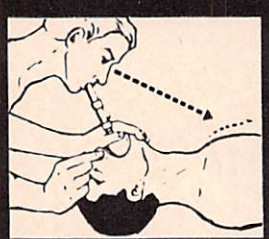
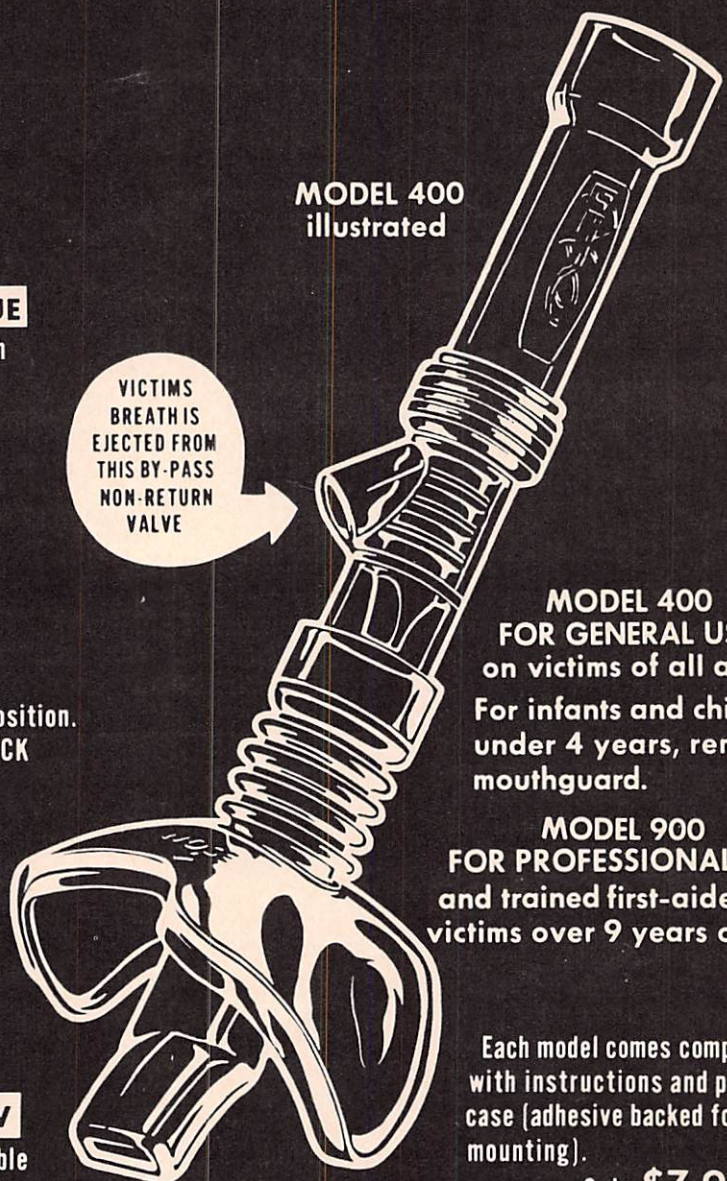


TAKE A DEEP BREATH & BLOW

If chest rise is not seen, look for possible obstructions in victim's mouth or throat.
Blow into victim's mouth - after each long breath remove lips from Airway mouthpiece and release fingers from victim's nostrils.
Repeat breath action every 4 to 5 seconds.

DON'T GIVE UP

Continue until victim breathes for himself, or until expert help is obtained



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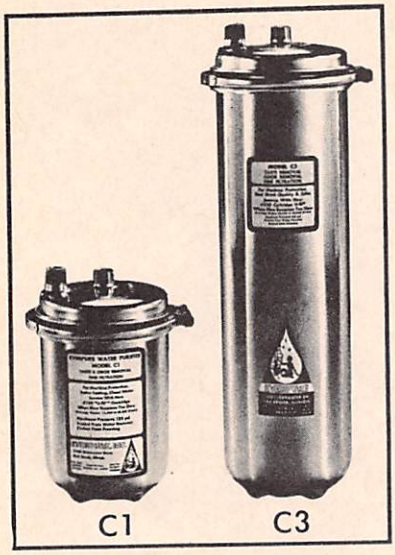

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Visitors at Camp?

Most of the following camp policies favor visiting by parents. Let us hear from camps that have a "No Visitors" policy. —Editor

CAMP PONACKA

We encourage parents to visit their sons for some very obvious reasons. The child spends eleven months with his parents and he is bound to talk about camp a great deal. Since camp forms a very important part of his young life, parents, grandparents, brothers and sisters should share in this aspect of his experience. It gives the parents a chance to assess the camp, to meet the counsellor and Director. It gives the child a chance to show his family what seems most important to him.

If it were possible, every day should be visitors' day. This would spread visiting over a large period of time and few outside people would be at camp at one time. In this way the camp would run normally and this is what parents should witness.

As the Director, I like to have the opportunity of talking to each parent and if visitors' day is every day, it is difficult for me to plan my own time. We have therefore reached for a compromise solution whereby parents may visit on three weekends: either Saturday, Sunday or Monday. We discourage visits during the first weekend but in a four-week stretch, there is still plenty of time left.

If a parent cannot come on one of these days, we ask them to let us know which other day would be suitable, and they come when it is convenient. We ask them to bring a picnic lunch and we provide a little changing hut, as well as picnic tables at the beach, where they can be independent of the camp during meals and swims. This facility is somewhat taxed on the two busy Saturdays when most parents come, but the program is in no way changed on those days.

During the visit a camper will show his parents around, introduce

Continued on Page 25

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NOUVELLES DU QUEBEC

par Huguette L. Dagenais

Récemment l'A.C.Q.-Q.C.A. tenait un séminar à l'intention des directeurs de camp et de leurs principaux collaborateurs. 115 personnes ont participé aux assises de ce séminar et durant la fin de semaine ces personnes ont discuté de politiques de personnel et des questions de financement dans les camps. Sans traduction simultanée, anglais et français ont échangé en s'exprimant dans leur propre langue; des animateurs bilingues faisaient le lien. Un climat chaud et amical régnait tout au long du "week-end". Ce genre de séminar a certainement une valeur de recyclage et un certificat, accréditant les personnes qui ont suivi ce stage, devrait être émis par le conseil provincial.

Au cours de cette même fin de semaine avait lieu l'assemblée annuelle. Au nouveau président; M. Robert Lazanik, meilleurs voeux de succès. A M. Lionel Perras, Président sortant et récipiendaire de l'insigne A.C.Q.-Q.C.A. Bravo et merci pour votre magnifique travail au sein de l'Association.

Treize (13) personnes représentaient le Québe au Congrès de l'A.C.C. à Halifax.

Cont'd from Page 8

As I write this I can not help but think of fellow staff members in our camps who have taken drugs. I am aware also of those who are disturbed with the present socio-political climate in the United States and Canada. However, I feel that their character and high moral integrity are such that it would be inconsistent with our goals to terminate their presence in our camps.

When a camp operates on principles of love and understanding it should never be necessary to impose on campers the personal life-styles (political, social, or religious) of individual staff members. We are guiding children with these basic moral ethics in order that he or she may develop these principles further during their own lives as they see fit.

Physical appearance and superficial traits should not be allowed to influence one's appreciation of a person's potential as a human being.

When we can see past all of this and begin to look into his or her mind, then and only then can we rightfully commence to appraise the person in terms of their value to one of our camps. We can learn from children here, for on the first day of camp a child discovers what his counsellor looks like and from the second day forward the child begins to recognize the counsellor as a fellow human being.

I have looked into the minds of young working people, students, and camp personnel and have come away feeling tremendously confident in a youth culture filled with a profound moral concern for the future of our children and their society.

It is my hope that we can further develop the trust and understanding of youth in the older generations, and the older generations in youth.

Each of us in our own lives must help gain the respect of youth if we are to achieve human understanding and hence the continued existence of our camps in the interests of a better world.

Let us have cause to nurture optimism!

FIRE EXTINGUISHERS

Extinguishers suitable for the fire hazard should be hung in convenient locations. The staff *must* be instructed in their use.

Bryan Mitchell

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OUTDOOR COOKERY

Editor's Note: From the many recipes in the Cookbook entitled "Cookery for Kids, Kamp 'n Kicks" compiled by Helen E. Stewart, available from Alvie Publications, 240 Markland Drive, Apt. 510, Etobicoke at $3.50 per copy.

CAMPFIRE STEW

2½ lb. hamburg
2 large onions
1 tblsp. fat
4 10 oz. cans soup—
1 tomato, 3 vegetable
Salt and pepper

Make small balls of hamburg. Add seasoning. Fry with onions until onions are light brown and balls are well browned. Pour off excess fat, add soup and enough water to prevent sticking. Cover and cook slowly until meat balls are cooked throughout.

TEXAS TOMMIES

Slit a wiener lengthwise and insert a piece of cheese. Wrap a slice of bacon around the wiener and fasten with toothpicks. It can be cooked in a frying pan but it is better to cook it on a green stick. Can be eaten in a hotdog roll or a slice of bread.

THE HOT DINNER PACKAGE

Lay a bacon strip or two on a piece of foil. On this place a large hamburg patty. Top with some finely sliced potatoes, onions, carrots, or other vegetables. Add salt, pepper and a pat of butter (if you wish). Fold this into a double packet. This can be done the night before and left overnight in refrigerator. Cook package over hot coals.

Variations—
—slice of ham, topped with sweet potato and apple slices
—chicken leg or breast with bacon, slices and carrot slices
—liver, bacon and onions

ENERGY BARS

Combine in a skillet over moderate heat about 2 cups of any one of a combination of ready-to-eat cereals — e.g. "Grapenuts", and "Bran Flakes"; plus some raisins, nuts or coconut. The heating will crisp these ingredients. Remove from heat and stir in, until melted, about 1 cup (6 oz. pkg.) of pieces of semi-sweet chocolate. When everything is stirred until well coated with chocolate, drop by spoonfuls onto waxed paper or foil and let stand until firm. (The mixture will be very thick and hard to stir.) For use on trips, pat the mixture solidly into a muffin tin and turn out the cakes when they have cooled. Wrap in aluminum foil. If possible, make them in a double boiler, rather than in a skillet. Makes 16.

POCKET STEW

2 lb. hamburger meat
8 large potatoes
8 large carrots
3-4 large onions
¼ lb. butter
10 ft. tin foil
Salt and pepper
(for each boy)
¼ lb. meat
1 large potato
1 large carrot
½ large onion
Butter
Tinfoil—1 foot

Instructions for each boy:
Make 1 large meat patty (flat—¼" thick, 4" x 3"). Slice potatoes and carrots (slices should not be more than ¼" thick). Dice or chop onion —rub butter on part of tinfoil which will be in contact with food. (Can put extra butter in also). Place food in layers—
1. Meat in very centre.
2. Either potatoes or carrots on the outside.

Note: Shiny side of tinfoil should be inside. Entire stew, when folded, should be approx. 6" x 4" x 2½". Note: Should be no more than 2 layers of tinfoil around stew, and no less. Also, no holes in tinfoil. Cook in coals—10 minutes on each side.

Lightning Fallacies

Certain popular ideas about lightning are not true, including:
Lightning follows drafts.
Electrical insulation will stop lightning.
Under the bed or in a dark closet is the safest place in a thunderstorm.
Lightning rods prevent lightning strokes.
No lightning protection is effective without a good ground.
Balls or other ornaments on elevation rods of a lightning protection system are essential to their proper functioning.

SKILLET DINNER

3 tblsp. shortening
1 medium sized onion, sliced
1 lb. lean ground beef
¼ tsp. pepper
1 can red kidney beans
1 can kernel corn, drained
1 tsp. garlic salt

Cook onion in skillet in shortening until tender. Remove onion from skillet, leaving the hot fat. Break ground beef into small pieces and brown slowly. When meat is light brown, pour off the fat and add the onion, beans, corn, salt and pepper. Simmer in skillet about 10 minutes.

S'MORES

2 small squares sweetened chocolate
2 marshmallows
4 graham crackers

Toast marshmallows over hot coals to a golden brown. Put square of chocolate on graham wafer. Cover with toasted marshmallow and add another graham cracker. Squeeze together and eat.

BARBECUED SPICED BANANAS

Peel bananas. Place each on a double thickness of foil. Brush with lemon juice. Sprinkle generously with brown sugar, dust with cinnamon or nutmeg, dot with margarine. Wrap the foil securely around the bananas, twisting ends. Cook on grill 7-9 minutes.

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Continued from Page 21

them to his counsellor, but after a short time he will enter the program, and his family will follow him around and watch. That is, after all, why they came.

—Bruno Morawetz, PhD.

CAMP BRIGADOON

The Welcome Mat is always out at Brigadoon. While we ask parents not to visit campers for the first two weeks of camp, every day is, in reality, a possible visiting day; and it seems to work very well. Let me hasten to add, however, that ours is a camp small in numbers . . . thirty campers and twelve staff. We have always felt that if parents are visiting or holidaying in the area, or if father should be passing by on business or a fishing trip, they have a right to see their children. With our numbers, we can write such privileges into the regulations, where a camp of two hundred or more could not possibly cope with daily hordes of parents, friends, relatives, dogs, Siamese cats, budgies and white mice, not to mention numerous other small cherubs clinging to Mummy's knees.

Surprisingly, we find that our system, for us, does not get out of hand. Parents respect the two-week breaking-in period. Seldom do more than two or three, at most, visit simultaneously, other than on the prescribed days. Our duties and work are such that either can be delegated or handled temporarily for the short time of the visit, which allows us ample time for the quiet talk (or consultation, if necessary), over coffee-and-a-bun, a visit with the children, a look at programme as it is, and a tour of buildings and facilities. We enjoy getting to know parents singly rather than in the busy group.

Should we be out of camp, we leave instructions that visitors may see the camp and their campers at the end of the programme period, and wait for our return if this is convenient for them.

The idea may not work for others, but we like it this way.

—Eanswythe Flynn

POWTER'S CAMP FOR BOYS

St. Donat de Montcalm, Quebec

Parents are allowed to visit Powter's Camp for Boys every Sunday *except* the first Sunday of each month. Visiting hours are from 10:00 A.M. to 5:00 P.M. Parents are permitted to take their children out for lunch or may eat with them in various picnic areas on the camp property.

Staff may have visitors up on Sunday but may only be with them in non-scheduled time. We do not provide meals or accommodation for staff visitors at the Counsellor level although permission is sometimes granted to members of the Senior Staff.

—C. B. Powter

FIRE HOSE

If pressurized water is available then sufficient garden hose with an adjustable spray and straight stream nozzle attached should be installed for additional protection. Remember, a 2½-gallon water extinguisher lasts about one minute but a garden hose will last until the well runs dry.

Bryan Mitchell

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Continued from Page 9

all members of the camp. In order to facilitate the working of such a program there must be a strong sense of community in the camp. Each and every individual concerned must be focusing his energy in an effort to fulfill the camp philosophy.

All sections of program may be treated in a similar manner. Arts and crafts should concentrate on creative design rather than simple picture making or assemblage of kits. Natural materials should be used as far as possible to bring about an appreciation of beauty in the existing forms in nature.

Music and dancing which play a very important part in camp life, can be expanded from note singing of old camp songs to include chanting, hand clapping, screaming and free-form dancing. A lesson can be learned from the satisfaction that the so called "primitive" savages obtain from their frenzied dancing around a flickering fire. These tribal rites depend solely on natural rhythms and movements of the human body to impart meaning.

Swimming, canoeing and all other sections of the programming may be treated in a similar manner. The emphasis should not be placed on the camper's ability to perform simply for testing purposes. Rather the approach used should impart a sense of usefulness to all skills learned. The fun and recreational possibilities in later years through application of skills should be stressed as well as a respect for and the proper care of the equipment concerned. As a result the camper will have not just a few dog-eared achievement cards to carry home but will be eager to continue with these activities at a later date.

The use and acquisition of these learned skills takes a greater meaning when viewed in the wider perspective of our society. There is an increasing amount of leisure time being made available to all members of our society. It is easy to understand the importance of wise use of this leisure time, not only for reasons of physical health but also for the all important aspect of mental health.

It should be noted however that in order for this use of leisure time to be possible there must exist suitable recreation areas. Once again this seems to revert back to the idea of conservation of natural areas and of the education of the public in this regard.

The C.C.A. is probably one of the most efficient tools with which to convey this idea to the people of Canada.

One of the visible effects of the fine work that our camps have been doing in the past is the increasing number of transient youths that appear each summer on our roads. Here one can see the direct application of woodcraft and camping skills as more and more youth each year are hiking across the land with all their belongings in a single pack. If you happen across an encampment of such transients this summer stop by their fire under the stars and share with them the "joie de vivre" that they find in the freedom of open places.

The question arises not so much whether or not youth are changing camps or camps changing youth but whether or not change is making youth camp.

CHECK YOUR EQUIPMENT

All camp cooking, refrigeration and heating equipment should be checked annually by a qualified serviceman. If propane from an outside storage tank is used it, too, should be installed by a qualified mechanic in a location on solid ground away from windows and well secured.

Bryan Mitchell

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IT'S FOR THE BIRDS!

by Eanswythe Flynn

Certain plants and shrubs attract particular types of birds and animals to your camp area. Try planting with their living quarters and feeding stations in mind.

Ours was never a particularly large garden at home. Vegetables grew in their proper place. But there were flowers, great clumps of the English Garden variety, among them the Nicotine Plant, now common to most parts of Canada. This very plant recalls a cherished childhood memory of hummingbirds darting in and out of the fragrant blossoms all summer long. One could sit close by for any length of time watching their delicate iridescent wings, noting the variations in colour. All this, in the heart of the city.

Not often is this particular plant seen in any abundance now, and we wonder why. Surely it would grow and blossom, with care, in a north-country garden if the plants were started in the city. This is only one of many flowers on the cultivation list for a special garden corner at camp. How else to lure these tiny wing-ed jewels to an observation post for campers to create instant programme?

With a little study plus the help of student ecologists and Garden Club enthusiasts, the whole camp area can become a sanctuary for all kinds of wildlife, particularly birds. A good habitat is already established as a basis in most camps, with much of the natural flora acting as a haven for feeding and production. Any additional planting can become a year-to-year project.

It would be impossible to list here the infinite variety of plants, shrubs and trees one might consider. An excellent book, entertainingly written, containing lists, tables and charts, is John K. Terres', "Songbirds In Your Garden" (Fitzhenry and Whiteside, Toronto. $8.75). Information is also available through local conservation Authorities, and Departments of Lands and Forests.

BUCKWHEAT seeds are noted for high fat content; favoured feeding for Hungarian partridge and other birds.

CORN attracts Ring - necked Pheasant, smaller birds and our ever-present friends, the Racoons.

HIGHBUSH CRANBERRY, a favourite of Ruffed Grouse and Woodpeckers.

SUMAC fruit endure the winter to feed Kinglets, Chickadees, Nuthatches, Winter Finches, Grossbeaks and Cardinals.

CEDARS really do attract Cedar Waxwings, literally by the hundred. The birds are "colour co-ordinated" with the trees, but if one stands still to watch them in a cedar grove, they become very brave and perch near enough to be seen and studied. Vain creatures, indeed!

WILD CHERRY is a banquet for Robins, Catbirds, Thrushes and Thrashers.

PINE, BIRCH, DOGWOOD — all are very important to all songbirds.

ELM in its healthy state is the natural home of the Oriole. Finches and Grosbeaks eat its buds and seeds.

BOX ELDER is important to Evening Grosbeaks.

MULBERRY has a great attraction to all birds during the summer as well as during migration. Plant it away from a paved area, as the berries "dribble" a deep purple.

PINCHERRY has been known to attract as many as twenty-five kinds of birds at one time.

For the flower garden: Asters, Cornflowers, Larkspur, Cosmos, Gaillardias, Calendula, Bell-flowers, Chrysanthemums, Columbines, Forget-me-nots, Marigolds, Sunflowers, Verbena, Zinnia, Poppies, Phlox. You will be blessed with such lovely creatures as Quail, Buntings, Juncos, Larks, White-throated Sparrows, Song Sparrows, Towhees, Blackbirds, during spring, summer and fall. Save all the seeds from any of these flowers and put them out for winter feeding.

Perhaps most important of all the seeds is that of the Sunflower. Toss them on lawn or garden at any time of the year. Birds enjoy them and will, at the same time, keep your area free of destructive insects.

Doubtless there are many naturalists among our members who can add to this list, as well as those who have already experimented with such a project. The Editorial Commitee would like to hear of these efforts and relay further information through articles from other writers.

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Continued from Page 24

You *must not* pour water on to this grease fire because you are liable to be burned by either the hot steam, the spitting, burning grease or both. You *must not* attempt to run outside with a burning pan of grease. The flames will burn your hands, causing you to drop the pan, and the fire will spread in size.

Water is an excellent extinguisher for fires in wood, paper, grass, mattresses, furniture, etc. It may be poured on to the fire from a pail, or sprayed on to the fire from a garden hose. It may be pumped from a 2½-gallon or 5-gallon pump tank or it may be discharged on to a fire from a soda-acid or pressurized water extinguisher. Know your fire extinguisher, know where it is kept, know how it operates (read the directions on the label), know what type of fire it can be used on.

CLASSIFICATION OF FIRES

Class "A"—Ordinary combustibles —wood, paper, cloth, etc.

Class "B"—Flammable liquids—gasoline, oils, paints, etc.

Class "C"—Energized electrical—motors, radios, T.V.'s, wires, etc.

Class "A" fires—use a water pump tank, soda-acid, foam, pressurized water extinguisher or a garden hose.

Class "B" fires—use a CO_2 (carbon dioxide), dry chemical (baking soda) or a foam extinguisher. *NEVER* use water.

Class "C" fires—use a CO_2 or dry chemical. *NEVER* use water.

Buildings on campgrounds should have only extinguishers that are "approved" by a recognized testing agency. One of the following names or insignia should appear on the extinguisher label.

1. Underwriters' Laboratories Incorporated, or U.L.C. approved.
2. Underwriters' Laboratories of Canada, or U.L.C. approved.
3. Factory Mutual or FM approved.
4. British Fire Office or BFO approved.

These extinguishers may cost a little more but they are designed to extinguish a given amount of fire. The cheaper aerosol or beer can type extinguishers that are sold in hardware stores, tire stores, are not approved and should not be relied upon.

The most common types found in camps are the 2½-gallon pump type water extinguisher and the 5 lb dry chemical for kitchen and electrical fires.

The owner of a camp or the Chief Ranger should have an Emergency Telephone Number List on display near all telephones in the camp area. This list should contain the numbers to reach the nearest municipal fire department and/or the nearest Lands and Forests firefighters. The nearest municipal, provincial or R.C.M.P. police department should be included as well as the number of the nearest doctor or hospital Red Cross branch or St. John first aid station. The list should also show the number of the ambulance and the nearest oxygen resuscitator.

A camp should always have a large first aid kit and personnel trained in administering first aid. Many a burn victim has been forced to suffer additional pain because an untrained person smeared butter or salve on to a third degree burn and this had to be removed at the hospital before proper treatment could be commenced.

In small minor burns one of the easiest treatments is to submerge the burned area in a dish of ice water. In large area burns wrap the victim in a sterile dressing or a clean bed sheet and rush him to the nearest doctor or hospital.

If a camper's clothing catches fire, trip him if he is running, roll him on the ground, smother him with a coat, blanket or even your own body to extinguish the flames. Your quick action may save his life. Once the fire is out treat for burns and shock.

Associated with camping is the fire hazard of boating. With the use of both inboard and outboard motors we are again faced with the fire and vapour hazards of gasoline.

The outboard motor should never be filled when it is hot. If portable auxiliary gas tanks are used they should be removed from the boat during filling operations. Before filling motors or gas tanks make sure no-one is smoking in or near the boat. Do not overload the tanks but allow for expansion. Mop up any spillage immediately.

The inboard motors may present an even greater danger during filling and starting operations. In some of the older boats the fill pipes do not extend to the bottom of the gas tank. The vent pipes may discharge into the hull instead of to the outside. During the filling operations the nozzle must make metal-to-metal contact with the fill pipe to prevent static electricity from causing an explosion. After filling mop up spillage and secure fill cap tightly.

Before starting an inboard motor always remember to open all ports,

doors, etc. and ventilate for five minutes. During the start-up period make sure your extinguisher is handy and that no-one is smoking.

Just as a life preserver may save your life if your boat capsizes, these life safety rules may save your life during re-fuelling and starting operations.

RULES FOR FIRE-SAFE CAMPING

If campers would *all* take a little bit of their time to learn the Do's and Don'ts of Fire Safe Camping, we would not have our annual toll of injuries and death! Canada would not have as many forest fires and these forests and lakes would remain with us for other campers to enjoy in the years to come.

1. DO obtain a fire permit from a fire ranger or the Department of Lands and Forests.
2. DO use the camp's fireplaces or fire pits.
3. In wilderness camping DO clear an area four to ten feet in diameter for your fire.
4. DON'T build a fire under overhanging branches.
5. DO keep your fire small, never leave it unattended, and put it "dead out".
6. DON'T use flammable liquids to start a fire.
7. DO keep flammable liquids in clearly marked metal containers and away from children.
8. DO fill heating, lighting and cooking equipment when the appliance is cool.
9. DON'T fill or light appliances inside a tent or camp building.
10. DO keep an extinguisher handy and know how it works.
11. DO know how to extinguish brush or grass fires with a shovel, wet sack or broom.
12. DO learn first aid and carry a well-stocked first aid kit.
13. DON'T smoke while fuelling your boat motor or auxiliary gas tanks.
14. DO become a fire-safe camper.

FLAMMABLE LIQUIDS

Flammable liquids such as gasoline, kerosene, alcohol, etc. should be kept in approved metal containers and stored in a locked shed away from other camp buildings. This building should be placarded to alert others to the danger of its contents. This same building can be used to house marine lubricants and engine oils, as none of these is susceptible to spontaneous ignition.

Bryan Mitchell

A FOOT TRAIL ACROSS CANADA

by Ann Prewitt

Editor, Canadian Camping

Mr. L. Doug Campbell of the Chinook Trail Association, Calgary, Alberta, originated the idea of a cross-Canada hiking trail. The objectives of the trail are:

To preserve places of natural and historical value.

To promote healthy outdoor activities.

To foster interest in the natural environment.

To develop a national and natural resource.

To strengthen national ties.

To provide places to enjoy leisure amid the natural scene.

As the official representative of the Canadian Camping Association (appointed by the Board in Halifax) I attended the organizational meeting held at the Toronto YMCA on April 29th, 1971.

Other organizations represented at the meeting included the Boy Scouts, Girl Guides, YM-YWCA's, National and Provincial Parks Associations, Dept. of National Health and Welfare, Waskahegan Trail Assoc. (Alberta), Bruce Trail Assoc., Canadian Audubon Society, The Federation of Ontario Naturalists, and other interested individuals.

Copies of Canadian Camping Association's Centenary Journal "JOURNAL" have since been sent to the organizational leaders of the foot trail.

Anyone who is interested in assisting with this project should write to Mr. W. H. Carrick, 387 Kortright Road, Guelph, Ontario. Mr. Carrick (of the Canadian Audubon Society) has volunteered to collect maps of all existing trails that may be sent to him and the names of those who are interested. Please let Mr. Carrick know that you are a member of the Canadian Camping Association and indicate if you support the idea of a Cross-Canada Trail or if you have time to give more organizational and leadership help in your Province or locality. The Representative of the Department of National Health and Welfare indicated that funds would be available to bring representatives to an organizational meeting in the fall if we find there is sufficient interest across Canada to establish a trail.

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There are two areas where we may find spontaneous ignition occurring. The first is from the rags used by the painters or maintenance personnel who clean their hands with turpentine-soaked rags, and the same is true if children are using these materials to finish the articles made during their Arts and Crafts lessons. These oily rags must either be burned (by an adult) or put into a metal container with a tightly-closed lid. Contrary to old wives' tales, other greases such as those used in cooking, etc., are not generally susceptible to spontaneous ignition.

Bryan Mitchell

Personal Conduct in Thunderstorms

(a) Do not go out of doors or remain out during thunderstorms unless it is necessary. Stay inside of a building where it is dry, preferably away from fireplaces, stoves, and other metal objects.

(b) If there is any choice of shelter, choose in the following order:

(1) Large metal or metal-framed buildings.
(2) Dwellings or other buildings which are protected against lightning.
(3) Large unprotected buildings.
(4) Small unprotected buildings.

(c) If remaining out of doors is unavoidable, keep away from:

(1) Small sheds and shelters if in an exposed location.
(2) Isolated trees.
(3) Wire fences.
(4) Hill tops and wide open spaces.

(d) Seek shelter in a cave, a depression in the ground, a deep valley, a canyon, the foot of a steep or overhanging cliff, dense woods, or a grove of trees.

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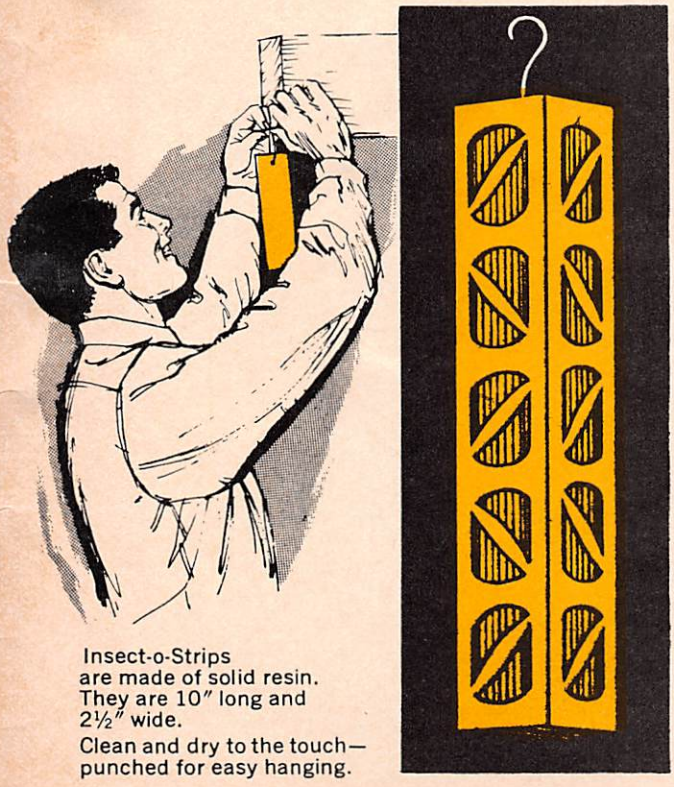

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TORONTO CANADA

Dear Mommy & Daddy,

You told me to drop you a line, so I guess you don't think that's very funny, but I did and so did my new friend Suzie. She's my friend now, but she wasn't yesterday because she hurt me. It was all her fault; when Miss Smith was showing us all how to put a tent up, Suzie was supposed to hammer in the wedge for the loop for the tent ropes and the hammer hit me in the chin. Dumb Suzie!

Miss Smith said "Calm Down" just like you say, Mommy. And then we went to the Dentist in town. My tooth was broken and had to come out. I can't eat any of the peanut brittle you sent; it was yellow anyway.

Miss Smith says "Don't forget to tell your parents that the camp has **Camp-Guard** and **Camp-Guard** will take care of the Dentist's bills."

So that's what I'm doing at camp. I don't like Suzie again because my mouth is still sore.

Love Janie

XXXXXXXXXX

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